



Get vaccinated

Influenza or “flu” can cause serious illness. Vaccination is the best way to protect yourself and your family.



Cover your cough or sneeze

Cover your mouth and nose with your sleeve or a tissue when you cough or sneeze. Toss your used tissue in the waste basket and wash your hands.



Fight the Flu

It starts
with you



Wash your hands

Wash your hands often with soap and water or use an alcohol-based hand cleaner.



Avoid touching your eyes, nose, and mouth

If you touch surfaces with the flu virus, you can get the flu by touching your eyes, nose, or mouth.



Stay home if you are sick

Flu viruses go wherever you go when you are infected. Stay at home and check with your healthcare provider when needed.



For more information,
call 2-1-1 or visit www.hawaii.gov/health